

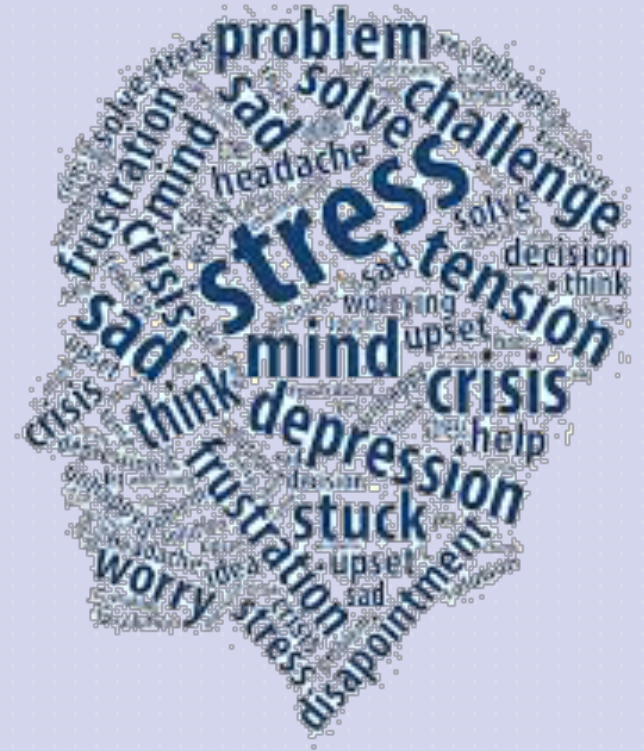
Unit 2 Mental & Physical Health

Developing Good Character &
A Healthy Mind

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Mental/Emotional Health

- ▶ Mental health includes our emotional, psychological, & social well-being
- ▶ It affects how we think, feel, and act
- ▶ It also helps determine how we handle stress, relate to others, and make choices
- ▶ Mental health is important at every stage of life, from childhood and adolescence through adulthood.



Mental/Emotional Health

Many factors contribute to mental health problems, including:

- ▶ Biological factors
- ▶ Psychological factors
- ▶ Social/Environmental factors

Biological Factors

- ▶ Family history of mental health problems – genetics
- ▶ Birth defects of illnesses in the brain
- ▶ Pre-natal damage
 - ▶ e.g. oxygen deprivation during childbirth
- ▶ Long term substance abuse

FETAL ALCOHOL SYNDROME

© Lineage

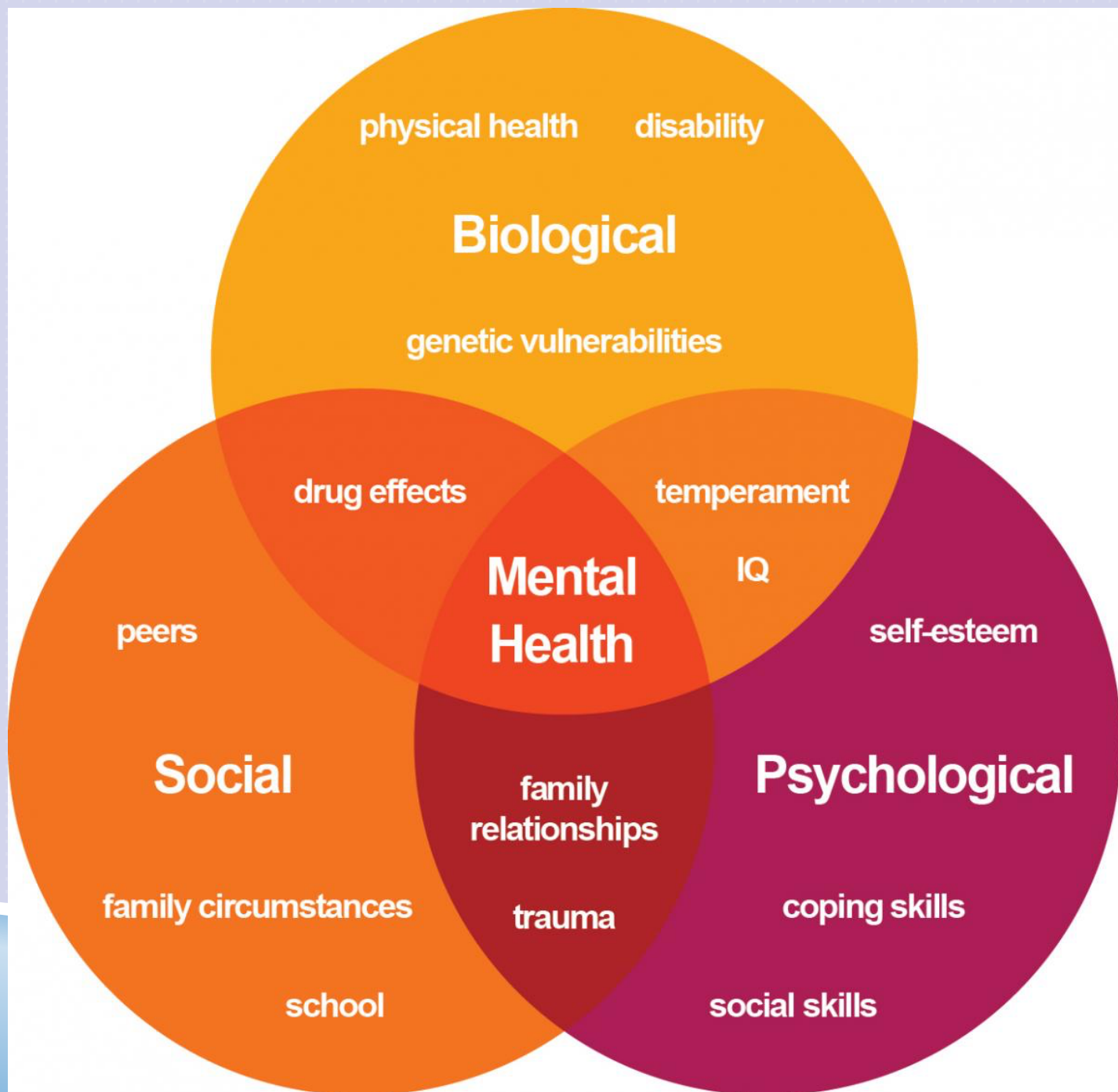


Psychological factors

- ▶ Such as trauma or physical/sexual abuse
- ▶ Loss of loved ones
- ▶ PTSD
 - ▶ I.e. war, injury, car accidents, etc.

Social/Environmental Factors

- Changing jobs or schools
- Low self esteem and anxiety
- Social expectations e.g. anorexia associated with cultures where thin was beautiful



Building Blocks for Good Character

- ▶ **Compassion**

- ▶ Sensitive to the needs, wants, & emotions of others; forgiving

- ▶ **Good citizenship**

- ▶ Obey laws & rules, show respect for authority, & protect the environment

- ▶ **Fairness**

- ▶ Abide by the rules, are a “good sport,” & do not take advantage of others

- ▶ **Respect**

- ▶ Treat others as you want to be treated & refrain from violence

- ▶ **Responsibility**

- ▶ Do what you promise & are accountable for your decisions

- ▶ **Trustworthiness**

- ▶ Dependable, loyal, & honest

- ▶ **Honesty**

- ▶ Refuse to lie, steal, or mislead anyone

What To Know About Good Character

- ▶ **Values** – standard or belief
- ▶ **Self-control** – degree to which a person regulates his or her behavior
- ▶ **Good character** – a person who uses self-control to act on responsible values
- ▶ **Delayed gratification** – voluntarily postponing an immediate reward in order to complete a task before enjoying the reward

Personality

- ▶ **Personality:** an individual's unique pattern of characteristics
 - ▶ Influenced by:
 - ▶ Heredity – can determine your intellectual abilities, temperament, & talents
 - ▶ Environment – where you live, the people you interact with
 - ▶ Attitudes – feeling/emotion a person has toward something/someone
 - ▶ Behaviors – what you do

Addictions

- ▶ **Addiction:** a compelling desire to use a drug or engage in a specific behavior, continued use despite negative consequences, & loss of control
- ▶ Those At Risk for Addictions:
 - ▶ Depression or negative self-esteem
 - ▶ Genetic vulnerability
 - ▶ Feelings of guilt/shame
 - ▶ Traumatic childhoods
 - ▶ Feelings of tension, anxiety, boredom, or loneliness
 - ▶ Difficulty expressing feelings
 - ▶ Trouble managing anger
 - ▶ Trouble accepting responsibility for their actions
 - ▶ Constant need for approval
 - ▶ A need to control others
 - ▶ Poor coping skills
 - ▶ Difficulty with authority figures

Types of Teenage Addictions

- ▶ Drugs
- ▶ Exercise
- ▶ Gambling
- ▶ Nicotine
- ▶ Perfectionism
- ▶ Relationship
- ▶ Shopping
- ▶ Television/computer
- ▶ Thrill-seeking
- ▶ Workaholism



PERFECTION
is a ROADBLOCK
to PROGRESS

What To Do About Addictions?

- ▶ Stay informed
- ▶ Recognize the addiction in yourself & others
 - ▶ Signs & Symptoms:
 - ▶ Compelling desire to take a drug or engage in a behavior
 - ▶ Taking a drug or engaging in a behavior rather than dealing with feelings of anxiety, depression, boredom, or loneliness
 - ▶ Self-pity
 - ▶ Engaging in a behavior despite negative consequences
 - ▶ Failing or struggling to stop oneself from taking a drug
- ▶ Get help!
 - ▶ **Formal Intervention** – action by people (family/close friends) who want a person to get treatment
 - ▶ **Relapse** – return to a previous behavior or condition

Mental Disorders

- ▶ What is a mental disorder?
- ▶ A behavioral/psychological syndrome or pattern that occurs in an individual that is associated with distress or disability or with a significantly increased risk of suffering, death, pain, disability, or an important loss of freedom
- ▶ Causes can be:
 - ▶ Biological
 - ▶ Genes, physical injuries, & illnesses that affect the brain
 - ▶ Psychological
 - ▶ Stress, traumatic experiences, & poor coping skills
 - ▶ Behavioral

Types of Mental Disorders

1. Anxiety
2. Cognitive
3. Conduct
4. Eating
5. Mood
6. Personality
7. Schizophrenia
8. Somatoform

What percent of adult U.S. citizens get diagnosed with a mental disorder each year?

26%

Anxiety Disorders

- ▶ **Anxiety Disorder:** a disorder in which real/imaged threats prevent a person from enjoying life
 - ▶ Types:
 - ▶ General Anxiety Disorder (GAD)
 - ▶ Obsessive-Compulsive Disorder (OCD)
 - ▶ Panic Disorder
 - ▶ Specific Phobia
 - ▶ Social Anxiety Disorder/Social Phobia
 - ▶ Post-Traumatic Stress Disorder (PTSD)

Cognitive Disorders

- ▶ **Cognitive disorders:** a disorder in which a person's brain deteriorates in function
 - ▶ **Dementia** – condition in which brain deterioration affects memory, language, & reasoning



Conduct Disorders

- ▶ **Conduct disorders:** a disorder in which a persona regularly violates the rights of others & breaks social rules
 - ▶ I.e. bullying, fighting, animal cruelty, property damage, set fires, etc.



Mental Disorders

- ▶ **Eating disorders:** disorder in which a person has a compelling need to starve, binge, or binge to purge
 - ▶ Types:
 - ▶ Anorexia Nervosa
 - ▶ Bulimia
 - ▶ Binge Eating Disorder
- ▶ **Mood disorders:** disorder that involves moods that are extreme
 - ▶ Types:
 - ▶ Clinical Depression
 - ▶ Bipolar Disorder
 - ▶ Seasonal Affective Disorder (SAD)

Mental Disorders

- ▶ **Mood disorders:** disorder that involves moods that are extreme
 - ▶ Types:
 - ▶ Clinical Depression
 - ▶ Bipolar Disorder
 - ▶ Seasonal Affective Disorder (SAD)
- ▶ **Personality disorders:** disorder in which a person's pattern of thinking, feeling, & acting interfere with daily living
 - ▶ Types:
 - ▶ Anti-Social Personality Disorder
 - ▶ Borderline Personality Disorder (BPD)

Mental Disorders

- ▶ **Schizophrenia:** disorder in which there is a breakdown in logical thought processes
- ▶ **Somatoform disorders:** a disorder in which a person has symptoms of disease but no physical cause found
 - ▶ Hypochondria – a disorder in which a person is constantly worried about illness

Treatment for Mental Disorders/ Addictions

- ▶ Formal intervention
- ▶ Evaluation
 - ▶ Psychiatrist, psychologist, psychiatric social worker, etc.
- ▶ Medication
- ▶ Inpatient/outpatient treatment
- ▶ Therapy
- ▶ Support groups

What percent of homeless people
suffer from mental disorders?

20-25%